

**In the Specification:**

Please amend the paragraph on page 4 beginning at line 1 as follows:

FIGURE 1 depicts the fundamental periodicity and logical representations of audible and visual indicators of varying utility;[[.]]

FIGURE 2 depicts various methods of presenting audible information representing the synchronized breathing cycle;[[.]]

FIGURE 3 presents an example of music with a tempo and audible cues specifically designed to align the breathing with a period of 5.9 seconds;[[.]]

FIGURE 4 presents an example of “mantra,”[[.]] a word or phrase that is repeated over and over, again designed to align the breathing with a period of 5.9 seconds;[[.]]

FIGURE 5 presents various methods for presenting visual information representing the objective breathing cycle;

FIGURE 6 presents a vertically-oriented thirteen (13) segment visual display;

FIGURE 7 presents a vertically-oriented oval visual display with 12 segments; and

FIGURE 8 presents a seven (7) sector circular visual display.

Please amend the paragraph on page 6 beginning at line 14 as follows:

With reference to FIGURE 2, ~~five~~ six basic methods for communicating audible information are exemplified. Each method will now be explained. 2A depicts the basic 5.9 second period to which the breath [[in]] is aligned. 2B is the most basic case representing a tone, chime, or tick conveying information pertaining to the change of the breathing cycle, that is, with each tone, chime, or tick, the breathing cycle changes from inhalation to exhalation or from exhalation to inhalation.